A Study on Impact of Expressive Arts Therapy on Holistic Development of Delinquents

SHORT SYNOPSIS

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DOCTOR OF PHILOSOPHY

by

Parul Sharma

Registration number: MRUEDDN012K220025

Under the supervision of

Dr. Ritu Sharma

Associate Professor

Department of Education and Humanities

School of Education and Humanities

MANAV RACHNA UNIVERSITY

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MANAV RACHNA UNIVERSITY

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DECLARATION BY THE SCHOLAR

I hereby declare that the short synopsis title **"A Study on Impact of Expressive Arts Therapy on Holistic Development of Delinquents"** being submitted in partial fulfillment of the requirement for the degree of Doctor of Philosophy in Department of Education and Humanities of Manav Rachna University, Faridabad during the academic year 2024-25.

It is a bone-fide record of original work carried out under the supervision of **Dr.Ritu Sharma** has not been submitted in full or part to any other university or institute for degree or diploma.

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PARUL SHARMA

Registration Number- MRUEDDN012K220025

MANAV RACHNA UNIVERSITY

Date: 30th December 2024

CERTIFICATE BY THE SUPERVISOR

This is to certify that, the short synopsis entitled **"A Study on Impact of Expressive Arts Therapy on Holistic Development of Delinquents** is an original piece of work done by research scholar Parul Sharma under the supervision of Dr.Ritu Sharma and for the degree of Doctor of Philosophy in the Department of Education and Humanities under the School of Education and Humanities of Manav Rachna University, Faridabad during the academic year 2024-25.

Further, it is certified that the short synopsis is within the plagiarism limit and copy of the same is attached as per the University norms.

Dr.Ritu Sharma
Associate Professor

Abstract

The aim of education is holistic development of all learners in every way possible. Holistic development is indispensable for the welfare of humanity and society at large. Holistic development, as an ideology, encompassing the nurturing of individuals across various domains. Expressive arts therapy is a therapeutic technique that helps people explore their emotions, enhance mental health, and grow personally by using a variety of creative expression mediums, including visual arts, music, dance, theater, writing and others. It is an effective means of providing help to students suffering from various problems that may be of any kind. As per the Webster dictionary delinquency is a 'conduct that is out of accord with accepted behavior or the law'. Present population has an increasing an alarming number of delinquents who need to be rehabilitated. This is an area of concern for all stakeholders the reasons or causes of delinquency may be varied but rather than focusing only on the causes it is imperative to address the issue with probable and sustainable solutions that are long term and that ensure a complete reinstatement of these children who find themselves going astray. Their acts may range from petty crimes to heinous crimes. The present study is aimed as understanding the impact of expressive arts therapy on holistic development of delinquents. The study will be conducted on 150 delinquents particularly juveniles from different organisations in Delhi-NCR. The holistic development will be assessed on four broad parameters- Physical development, Emotional intelligence , Meta-Cognitive Development and Social Development. Physical development will be measured through data provided by the organisations. Emotional development will be measured using a self constructed scale. Meta-cognition will be assessed through the Meta-Cognition inventory' by Dr.Punita Govil. Social component will measured by understanding adjustment of individuals using the 'Adjustment Inventory' by MSL Saxena. The students will be provided regular session based on expressive art everyday for a period of 6 months. A pre-test-post test will be carried out to measure the impact of expressive art therapy on the various domains of holistic development. The expected outcomes are a positive impact of expressive arts therapy on holistic development of delinquents. Further, this would help in creation of a suitable intervention plan for the holistic development of delinquents.

Key words- Holistic Development, Emotional Intelligence, Meta-Cognition. Physical Development, Delinquents, Expressive arts Therapy

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1- Introduction

1.1 Delinquency

Delinquency as per the Webster is a 'conduct that is out of accord with accepted behavior or the law'. It is also referred to as deviating behaviors as compared to social norms particularly performed by minors (under 18 years of age). "Juvenile" refers to 'a person who is below the age of 18 and has allegedly committed an offence' (Juvenile Justice Act,2015). However, delinquency comprises of a wide variety of behaviors ranging from minor acts such as skipping school or defying authority to more severe actions such as commitment of a crime.

In earlier times, societies responded to delinquency with different methods and strategies mostly punitive in nature. During this time, delinquency was dealt with harsh punishment and aversive conditioning with a belief that such measures would defer the misconduct in the coming future. However, with an increased understanding of human behavior the focus has seen a shift to rehabilitation and prevention of delinquency. The focus now is on the potential of the youngsters and to help them reform and become positive contributors to the society. They require the right support and opportunities to bloom into well adjusted citizens of the country.

Delinquency has become a growing concern in India and other countries across the world. India having the largest population of youth is a fast growing economy and is also faced with socio-economic disparities, the country has faced specific challenges in addressing delinquent behaviors. According to the Juvenile Justice Act of 2015, "a *child* is defined as a person who is below eighteen years of age. The Act distinguishes between children who are in conflict with the law and those who are in need of care and protection. A "juvenile" refers to a person who is below the age of eighteen and has allegedly committed an offence (Juvenile Justice Act, 2015, 2(35)). The Juvenile Justice Act recognizes that juveniles in conflict with the law require specialized care and protection, and therefore, they are dealt with through a separate juvenile justice system." (Juvenile Justice Act,2015). A juvenile is also defined as "a person who has not yet reached the age of eighteen" (Protection of Children from Sexual Offences Act,2012).

Few causes of delinquent behavior are discussed as under. These causes include-

- Biological Influences

Biological influences such as genetic predispositions and/ or neuro-developmental issues can make an individual more prone to delinquents behavior.

- Psychological Traits

Aggression, lack of empathy, proneness to risk taking behaviors are often causes of delinquent behavior. These traits may arise from trauma, negligence and core predispositions.

- Substance Abuse

Influence of drugs, and/or alcohol can increase impulsivity and lower inhibitions further leading to delinquent behavior.

- Parental Neglect and Abuse

Young people may turn to deviant actions in an attempt to find acceptance or belonging if they don't have parental supervision, direction, or emotional support. Children who face abuse in the family are more prone to delinquent behavior.

- Family Structure and Dynamics

Delinquent behavior is greatly influenced by broken homes, domestic abuse, or uneven punishment. Children who experience instability may become resentful or feel insecure, which may lead them to act rebelliously forcing them into delinquent behavior.

- Parental Role Models

Children are keen observers and may watch parents showcasing inappropriate behaviors. They copy the same and as a result fall prey to delinquent behavior at times

- Associating with Delinquent Peers

Adolescence is an age of stress and storm the succumb to peer pressure and also indulge in delinquent behavior of their peers. This gradually becomes a habit and this delinquency may lead to bigger criminal offenses.

- Group System

Young children find security and a sense of belongingness and protection with groups and communities. These communities lack any social support systems but are cohesive and lead to group thinking resulting in group delinquent behavior.

- Socio-Economic Disparities

Socio-economic disadvantages such as lack of education, overcrowding, poverty unemployment, etc push individuals to vandalism, thefts and other crimes as means of survival and expression of frustrations and conflicts.

- Societal Influences

Communities with weaker social bonds and cohesion often fail to provide its members with supportive environment and often lead to people defying social norms and practicing delinquent behavior.

- Media and Technology

Young people may become less sensitive to the repercussions of delinquent behavior if they are exposed to violent or unsuitable media content. Cyber-bullying and the glorification of illegal activity can also occur on social media leading the young population into delinquency

- Inadequate Youth Programs

Insufficient availability of counseling services or accessible extracurricular activities deprives many at-risk adolescents of healthy ways to express their feelings and dissipation of energy which is most essential for positive mental health and staying away from delinquency

1.2 Holistic Development

Holistic development is defined as the overall development of students with respect to all aspects such as physical, social, emotional,spiritual, aesthetic, etc. Holistic development is aimed at helping the individual reach his optimum creative level making him fit to be useful asset to society, one who can contribute and also benefit from the social ecosystem. Holistic development aims to also focus on the self-actualization and satisfaction of the various needs that the individual has. Laying an emphasis on holistic development is critical, important and essential for building and fostering balanced individuals who are capable and have the potential to be resilient and are able to also face the challenges of life.

Educational system of Finland is revolutionary in the sense that it focuses at the holistic development of children. The focus is on life skills along with the transfer of academic knowledge Finnish schools are celebrated for their holistic approach towards education, where they put a strong focus on life skills which further accompanies the transfer of academic knowledge (Sahlberg, 2015). This approach also enhances the inter-dependence of a variety of skills on each other and highlights their holistic development, putting the students in a position as not only intellectual beings but also as individuals who are equipped with practical competencies that are very important for their overall well-being.The impact that holistic development has goes way beyond personal development and has a deep impact on society as a whole. The Gross National Happiness Framework of Bhutan serves as a case study (Gross National Happiness Commission, Bhutan, 2019). Bhutan's constant commitment to its development in all its forms not only enhances human well-being but also promotes social and economic positivity. In the recent years, holistic development has gained an important place worldwide in educational policies. The Happiness Curriculum in India (Ministry of Education, India, 2020) serves as an example. This curriculum aims and integrates components that address awareness of one’s culture, spiritual growth, mental and physical development, and emotional intelligence. It tries to shows how education systems are evolving and developing to raise well-rounded individuals who are not only academically capable but also have life skills and are emotionally resilient.

Furthermore, New Education Policy 2020 is an outstanding document acting as a road map toward holistic development of children. It lays emphasis on the overall development. “The global education development agenda reflected in the Goal 4 (SDG4) of the 2030 Agenda for Sustainable

Development, adopted by India in 2015 - seeks to “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all” by 2030. Such a lofty goal will require the entire education system to be reconfigured to support and foster learning, so that all of the critical targets and goals (SDGs) of the 2030 Agenda for Sustainable Development can be achieved”. (New Education Policy,2020). The policy is focused at formation of instilling values among students, developing personalities and enhancing abilities. It means having a shared vision of the responsible citizens of tomorrow who can shoulder all responsibilities and be empathetic at the same time.

Holistic development in the present study consists of four major dimensions. These include:-

- Physical Development

The physical aspect of holistic development is an integral part of overall development of the student. It emphasizes on physical health with all vital parameters being within the normal range including height, weight, blood pressure, etc. It is said that only when one is physically healthy can he focus on his work well and stay away from negative influences.

- Emotional Intelligence

Emotional development is defined as a balanced emotional growth where one can manage and control his emotions as per Daniel Goleman emotional intelligence includes self awareness, self regulation, motivation and empathy ‘

- Meta-cognitive Development

Meta-cognition involves being aware about how and what you think, the planning you do and problem solving skills that one possess as well as being reflective about your own strategies and adapt ones strategies to reflect on improving the learning and performing aspect.

- Social Development

Man is a social animal and needs the company of fellow beings for his survival and growth. It includes developing social skills such as communication, interaction, exchange of thoughts and ideas, etc. It helps in the proper adjustment of the individual in his environment leading to a cohesive social structure.

1.3 Expressive Arts Therapy

Practicing of art forms- both performing and visual lead to personality development and enhancement of the aesthetic and artistic aspect of ones personality.Expressive art therapy is a therapeutic technique that helps people explore their emotions, enhance mental health, and grow personally by using a variety of creative expression mediums, including visual arts, music, dance, theater, and writing. This integrated treatment approach is based on the idea that, even in situations where words may not adequately convey a person's experiences, creative expression can promote

healing and improve general well-being. Expressive Art therapy is a hybrid field that is significantly influenced by the fields of psychology and art, employs the creative process, existing artwork, and art created during therapy to assist individuals in the development of self-awareness, exploration of emotions, resolution of unresolved emotional conflicts, improve social skills and raise self esteem.

With mounting proof of its efficacy in a variety of contexts, expressive art therapy is becoming more and more well-known throughout the world. To reach a wider audience, research is still being done on its uses in digital formats, such as virtual art therapy. Expressive art therapy, which bridges the gap between feeling and expression, is a crucial tool for empowerment and healing as societies recognize the significance of mental health.

A variety of artistic techniques that support mental health, self-discovery, and healing are included in expressive art therapy. Its all-encompassing strategy, which incorporates various artistic mediums, allows it to adjust to a range of demographics and difficulties.Expressive art therapy addresses emotional, psychological, and social issues by merging creativity with therapeutic concepts, providing a potent and adaptable healing method. Expressive art therapy is opening the door for novel interventions that support recovery, resiliency, and personal development as a result of its increasing acceptance and research. Expressive art therapy is a potent and adaptable method for healing, integrating creativity with therapeutic concepts to tackle emotional, psychological, and social issues. Its holistic nature ensures that individuals from all walks of life can benefit, transcending barriers of language, culture, and verbal communication. It offers a comprehensive, flexible, and intensely individualized approach to recovery and development by fusing several artistic mediums. Expressive art therapy has been inspired by pioneers like Carl Jung, who highlighted the importance of art in understanding the psyche, and Natalie Rogers, who combined person-centered therapy with creative arts, expressive arts therapy arose from the domains of psychology, art, and education. Because it frequently uses a multi-modal framework, this therapeutic technique is unique in that it enables patients to move fluidly across artistic mediums while receiving treatment.

Expressive arts therapy is fundamentally more process-oriented than outcome-oriented. The focus is on the act of creation itself, which acts as a conduit to greater understanding and emotional release, rather than on producing a polished or aesthetically beautiful final product.Expressive art therapy often encompasses diverse artistic mediums each of which offer a unique pathway to self expression. These include-

- Drama

Role playing and improvisations can help individuals get an understanding of different relationship and reframe traumatic experiences and enhance social skills. These also help in the process of catharsis.

- Dance

Therapies that use the connection between movement and emphasise on body and mind connection fall under the category of dance therapy. These include using of movement to release tension, expression of emotion and fostering self-awareness.

- Music

Therapies that use the links between rhythm, language and tunes fall under this category. These include singing and making music to release suppressed emotions.

- Art

Activities such as drawing, painting and sculpting allow individuals to bring inner emotions to the external environment and help explore the unconscious thoughts, beliefs and emotions.

Benefits of expressive arts therapy

Expressive arts therapy is known for its benefits to the individuals and the transformative effects it has an individuals of all age group.These benefits include

- Catharsis

Through expressive arts therapy an individual is able to have an emotion release.

- Self awareness

Expressive arts therapy also helps in enhancing self awareness by giving an expression of emotion and externalising of inner thoughts.

- Stress reduction

Expressive art therapy promotes relaxation and reduces stress responses and decreases the chance of burnout.

- Trauma recovery

Expressive art therapy being a non- verbal form of therapy allows individuals to communicate about their traumatic experiences without direct verbal recounting.

- Interpersonal growth

Group therapy tries to enhance the communication between the group members.

2- Review of Literature

Orhan (2024) conducted a study with the aim to understand the emotional intelligence and develop a scale to test emotional intelligence. They tested the reliability and validity of 'Trait Emotional Intelligence Questionnaire Short Form' and its subsets. They took university students from various American and European countries. The results showed significant reliability of the tool and showed little to no difference between the two country students as well as not difference in the results of either of the genders.

Jembur (2024) conducted a research the impact of feedback supported tasks on learners linguistic development. Pretest post test interviews were conducted on subjects to understand the theme of the research. Semi-structured interviews were conducted for data collection. The results indicated that feedback supported tasks improved learners linguistic development.

Devi (2023) conducted a critical analysis of the quality of life of juvenile delinquents. The study consisted of a sample of 30 juvenile delinquents (15 boys and 15 girls) that was drawn purposely through a survey in selected observation homes. The tool on 'quality of life' was standardized to analyse the quality of life of juvenile delinquents. To find out the connection of physical health, psychological health, Social relationships and environment, chi-square test was used. For the purpose of comparison between physical health, psychological health, social relationships and environment in delinquents based on gender, t-test for difference between two means was computed. The results showed that majority of felonies were done by individuals coming from lower socio-economic background. It was also found that felonies were done by individuals who had a poor quality of life.

Priyamvadha (2023) conducted a study to understand the problems faced by delinquents while they try to reintegrate in the society. The study was conducted in the districts of Tamil Nadu. The data for the investigation was collected from a sample of 58 respondents who were released from special home. The sampling technique used to purpose sampling.Interview schedule was framed for the purpose of collecting the data. The results showed that delinquents face a lot of problems will reintegrating into the society such as excessive labelling, difficulty in getting jobs and cold treatments

Neethu ,et al (2023) aimed to understand the efficacy of art therapy as an intervention for mental health emotion regulation and resilience of destitue chidlren residing in child care institutions. The

study used explorative and employed purposive sampling to gather data from 28 destitute children (12-17 years) from two children's homes in Goa, India. Psychological tools such as “Mental Health Battery”, “Emotion Regulation Questionnaire” and “Brief Resilience Scale were used for assessment”. to understand the main purpose a mixed-method was used for the study. An online survey and semi-structured interviews was carried out in order to gather opinions on the efficacy of expressive arts therapy from the point of view of the practicing professionals and traditional mental health professionals. The results showed that expressive arts therapy can work as a tool for the overall development of children.

Lalit (2022) aimed to understand the socioeconomic determinants of juvenile delinquency in Delhi. The study was conducted by analysis pre-conducted literature and forming an analysis. The results showed poor socio-economic conditions are a major cause of criminal behavior. The study also suggested that education of the father, family issues, and the extent of discipline determined aggression levels and also peer pressure can be considered a cause of delinquency.

Maria et al (2022) aimed to conduct a study for the evaluation and management of behavioural and psychological characteristics of delinquent and non delinquent adolescents in India. The sample consisted of 320 adolescents-144 delinquents, 42 non-delinquents and 136 normal general adolescents.All the adolescents were asked to complete the ‘General Health Questionnaire’ (GHQ-12), ‘Standard Progressive Matrices’ (SPM) and ‘Kuppuswamy’s SES’ to understand the presence of any psychiatric illness or psychological morbidity and intellectual disability, respectively. For the screening of non-delinquent adolescents- ‘The Disruptive Behaviour Disorder Rating Scale’ (DBDRS) was utilized. The scale analyzed the symptoms of deviance, reported by either parents or teachers. The assessment of all research variable was done using ‘Aggression Scale’ (aggression), ‘Barratt Impulsiveness Scale-11’ (BIS11) (impulsivity), bullying was assessed by ‘Illinois Bullying Scale’ (IBS), assessment of personality was done through ‘Dimensional Personality Inventory’ (DPI-BM), ‘Emotional Intelligence Inventory’ (EII-MM) assessed emotional intelligence, ‘Social Intelligence Scale’ (SIS) assessed social intelligence and ‘Defense Style Questionnaire-60’ (DSQ-60) assessed defense mechanism style. The results showed that cognitive behavior therapy would have a good impact on delinquent behaviors, it also established and identified those characteristics and found their association with aggression, impulsivity, bullying, personality temperament, emotional intelligence,

Yadav et al (2021) aimed to understand the impact of yoga practice on the psychological profiles of Juvenile Delinquents of Uttar Pradesh. To assess the study, 60 juveniles in Rajkiya samprekshan Grah in Lucknow, Uttar Pradesh were randomly selected in the age group of 13 to 17 years.The subjects were then randomly divided into two groups, i.e. Experimental group and Control group consisting of 30 juveniles each. The experimenta group practiced yogasanas, pranayama and meditation ten weeks (6 days a week). The control group did not undergo yoga practice. The experimental group participated in a 10-week yoga practice. The results were analysed after the conduction of aggression scale and anxiety questionnaires on a pre-test-post-test basis. The results that yoga was effective in changing anxiety and aggression level of the subjects and was also effective in increasing the self concept of individuals.

Kumawat (2020) conducted a study to understand the causes and effects of delinquency as well as to analyse the juvenile judicial system of India. This study was done through a critical analysis of various cases from all over India. The results showed that even though the crimes were conducted by the juveniles, there were crimes conducted against the juveniles as well. In certain cases it was found that the guilty juveniles were receiving the same punishment as that of an adult criminal.

Sukhram (2020) conducted a critical analysis of the statutory provisions and judicial trends for delinquents in India. An in-depth study of the constitution of India, the CRPC and the Juvenile Justice Act (2015) was done. The results showed that the laws while in favour of juveniles yet against the criminal activities are existing but they still require a stronger implementation.

Ubale et al (2016) conducted a study to understand the causes of criminal tendencies of juveniles. The subjects were chosen from 15 talukas of Thane districts. 188 delinquent from various remand homes were involved in the study. 25 parents, staff, mental health experts, social workers were also interviewed for the same. The causes of delinquents behavior were found to be miscommunication in the family, lack of education socio-cultural background, inattentiveness from the government, lack of training, inappropriate treatment by the society without being proven guilty.

3-Objectives

3.1 To study the impact of expressive arts therapy in Physical well-being of delinquents.

3.2 To study the impact of expressive arts therapy in Emotional Intelligence of delinquents.

3.3 To study the impact of expressive arts therapy on meta-cognitive development of delinquents.

3.4 To study the impact of expressive arts therapy in social development of delinquents

3.5 To understand the usefulness expressive arts therapy with delinquents

Hypotheses

- There will be a significant change in the physical development of delinquents of Delhi-NCR.
- There will be a significant change in the emotional intelligence of delinquents of Delhi-NCR.
- There will be a significant change in the meta-cognitive development of delinquents of Delhi-NCR.
- There will be a significant change in the social development of delinquents of Delhi-NCR.

Delimitation

- The study is confined to Delhi-NCR.
- It is limited to delinquents only.
- It is confined to a sample of 150 delinquents only.

4- Rationale

The main purpose of this study is to investigate the impact of expressive art therapy on holistic development of delinquents of Delhi-NCR. This current study will help us in gaining a deeper perspective of holistic development and how expressive arts therapy as a strategy can be helpful in assisting the justice system and homes in bringing better practices to work towards the holistic betterment and development of delinquents.

According the Juvenile Justice Act (2015), 'the major focus of the justice centres should be on holistic development of delinquents and promotion of rehabilitation rather than punishment'. As the current study already mentions in the introduction, holistic development focuses on all the major aspects of an individual. These consist of the physical, social, emotional and cognitive. Development of all these aspects can further help the children become improved version of themselves and be more productive and have a better role in the society, and can contribute as responsible citizens.

Expressive arts therapy is a therapeutic approach that integrates different forms of art to foster and enhance an individual's psychological, emotional and physical well being.

With this current study the researcher aims to provide a base for the rehabilitation centres and justice homes and use expressive arts therapy to facilitate the holistic development of the delinquents. The researcher also aims on assisting all the various stakeholders to ensure the holistic development be assisting in the holistic development of delinquents and their successful rehabilitation.

Definition of Operational Terms

Delinquency- Delinquency is a 'conduct that is out of accord with accepted behavior or the law

Delinquents- Individuals who are less than eighteen years of age and whose behavior is not as per the acceptable social norms.

Expressive arts therapy- Expressive art therapy is a therapeutic technique that helps people explore their emotions, enhance mental health, and grow personally by using a variety of creative expression mediums, including visual arts, music, dance, theater, and writing.

Holistic Development- Development of an individual in all aspects and as a whole.

Physical Development- Optimal physical development with respect to height, weight and other vital parameter.

Meta-cognition- Optimal mental awareness and development.

Social development- Understanding interpersonal relationships and adjustment to different environments.

Emotional development- Understanding and controlling of emotions.

5- Research Questions

During a study a few primary research questions arise, the main aim focuses on answering those. These questions include-

- What is holistic development?
- What is delinquency?
- What is expressive arts therapy?
- Which types of expressive arts therapy are more beneficial as compared to others?
- Can expressive arts therapy facilitate holistic development among delinquents?

6- Methodology

The aim of the research is to study the effect of Expressive Arts Therapy on holistic Development of Delinquents. Holistic development consists of 4 facets which include- physical, emotional, meta-cognitive and social. Each of these aspects will be tested separately after expressive arts therapy session..

6.1 Sampling

A sample of 150 delinquents from Delhi-NCR will be selected using convenience sampling.
No biases would be included in the study such as-

- Gender bias
- Caste bias
- Religion bias.

6.2 Expressive Arts Therapy

To assess the impact of expressive arts therapy, the selected sample will be exposed to expressive art therapy for a time span of 3 months for 60 minutes sessions thrice a week. An observation will be made on weekly basis by the researcher. The selected sample will be divided into groups and each group will be exposed to dance therapy, music therapy, and art therapy

6.3 Physical Dimension of Holistic Development

To assess the physical dimension of holistic development, the delinquents height, weight, blood pressure and flexibility will be checked before therapy and after therapy.

6.4 Emotional Dimension of Holistic Development

To assess the emotional dimension of holistic development, emotional intelligence of delinquents will be studied.The emotional intelligence scale will be constructed by the researcher.

6.5 Social Dimension of Holistic Development

For assessing the social aspect of holistic development, adjustment of delinquents will be tested. The adjustment will be tested using the 'Adjustments Inventory' by MSL Saxena before and after being exposed to expressive arts therapy. This test consists of 90 items which are scored on a with either a '*Yes', '?' or 'No*'.The reliability coefficient was found using the test-retest method and was

understood to be 0.87. the validity of the scale was 0.80 . The test tries to analyse adjustment on 5 scales i.e home, health social, emotional and school or college adjustment.

6.6 Cognitive Dimension of Holistic Development

For assessing the cognitive aspect of holistic development, meta-cognition of school students will be tested. The meta-cognition will be tested using the 'Meta-Cognition Inventory' by Punita Govil before and after performing yoga. This test consists of 30 items which are scored on a '4 point likert scale' varying from Not at all to Very much so. The cronbach alpha reliability of this scale was 0.85 and had a satisfactory content validity.

6.7 Statistical Analysis

For the analysis of the results, once the raw scores for all the tests have been taken out on both the occasions, the means of the tests would be calculated individually, the standard deviations will be checked and the further analysis would be done. To reach the final results an One-Sample T-Test would be conducted using the 'Statistical Package for Social Science' (SPSS).

7- Research Design

Research design is a strategy to involve and integrate various different tools of research in a logical manner.

The current paper follows a mixed research design wherein during the first two phases of the study a pre-test-post-test method will be used to assess the variable and perform a quantitative analysis. In the third phase a qualitative research design will be use to establish the usefulness of the intervention approach.

The current study involves 5 variables- 1 independent variable-Expressive Arts Therapy and 4 dependent variables- Physical, Social, Emotional, and Linguistic. Pre-test-post-test method and convenience sampling will be used to record, describe and interpret the variables.The main reason for using this approach is time effectiveness and cost savings as well as the geographical location of the students.

During the phase half of the study, the three tests will be conducted on the sample before they are exposed to expressive arts therapy. The tests will include the following:-

- Physical dimension will be tested by assessing the blood pressure flexibility, height and weight of the subject
- Emotional intelligence Scale by Kamakshi
- Meta-cognitive Inventory by Punita Govil
- Adjustment Inventory by MSL Saxena

In the later half the sample will be divided into 3 groups each of which will be exposed to different approach , these include- dance, music and art will be performed for a period of 3 months and the tests will be performed again post the therapeutic approach followed thrice a week. The results will then be analysed using SPSS. The results will be used to test the hypotheses.

8- Expected Outcomes of the Research

The expected outcomes of the research are:-

- There would be a significant positive impact of expressive arts therapy on physical aspect of holistic development of delinquents.
- There would be a significant positive impact of expressive arts therapy on emotional intelligence (emotional aspect of holistic development) of delinquents.
- There would be a significant positive impact of expressive arts therapy on adjustment (social aspect of holistic development) of delinquents.
- There would be a significant positive impact of expressive arts therapy on meta-cognition (cognitive aspect of holistic development) of delinquents.
- Expressive arts therapy would also have a positive impact on overall development of delinquents.
- The usefulness of expressive arts therapy will serve as a breakthrough in treating and enhancing the holistic development of delinquents.

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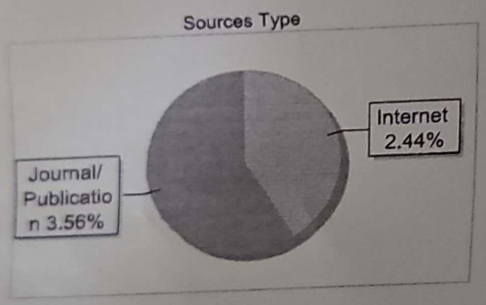

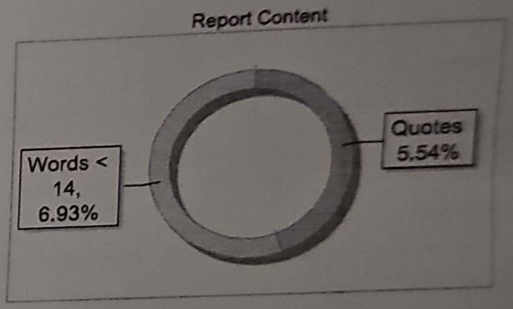

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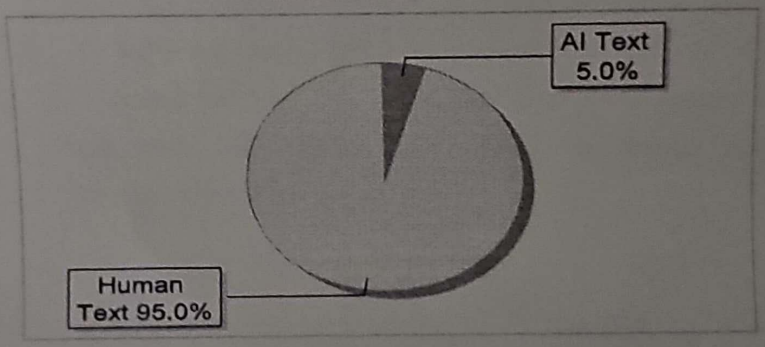

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